

The Parents' Voice



Summer has officially arrived — and while the sunshine may still be playing hide and seek, we're staying hopeful for brighter, sunnier days ahead!

June has been a wonderfully busy month for us here at the Parents Federation. We were proud to be part of Carers Week, celebrating the incredible work of unpaid carers in our communities, and we've hosted a number of events that brought families and carers together to connect, share, and support each other.

As we step into July, we're looking forward to keeping the momentum going with even more events and activities.

Whether you've joined us before or are new to the Federation, we'd love to see you this month — there's always something meaningful (and fun!) happening.

Stay safe, enjoy the summer vibes, and we hope to see you soon!

Activities

Carer's Week

Carer's Go Free Scheme

V21 Summer Festival

Sex and relationships

ALN Gymnastics

Multi Sport

Barry Beavers

Me Time

Volunteers

Short Breaks

 029 2056 5917 admin@parentsfed.org www.parentsfed.org

Bitesize Respite

July Activities



Cardiff

17th – Pedal Power @
11:30



Vale of Glamorgan

23rd – Oyster
Catcher Penarth @
12:30

30th – Brewer's Fayre
Barry Island @ 18:30

CARER'S WEEK @ THE PARENTS FED

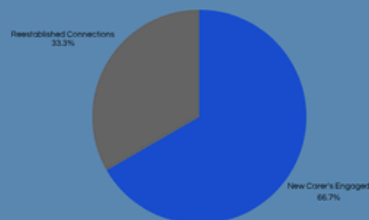


ROUND UP

Carer's week 2025 has been incredibly busy here at the Parent's Federation. From out reach to a picnic in the park we engaged with lots of old and new carers



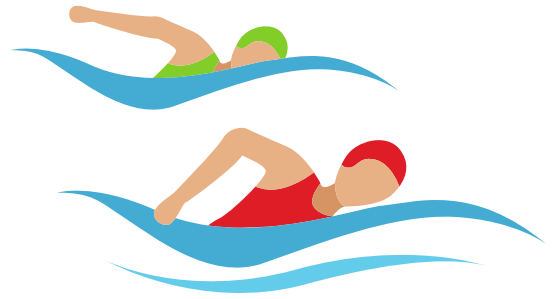
Carer's Engagement



Key Focus

- 1 Support and guidance
- 2 re connecting with carers
- 3 Flexibility
- 4 Change of events





Carers Go Free Scheme

If a paying customer wishes to use any of the Leisure Centres in the Vale of Glamorgan or Cardiff International Pool, and has an unpaid carer with them, then the carer can enter for free.

Just go to reception and tell them you a carer. There is no requirement for ID or filling in an application form.

For the purposes of this Scheme the definition of a carer used would be:

'a person who is caring for another who would not be able to use the facilities without them in attendance'

Regarding the swimming pool, an unpaid carer may just need to help the paying Member in and out of the pool and may sit on the side; or they may need their carer to go into the pool with them during a Leisure Swim etc.

The Schemes covers a paying member needing a carer to assist them during any activity offered in Vale Leisure Centres or Cardiff International Pool.



2025

V21 PROJECTS + GUEST CRAFT STALLS

FREE ENTRY

V21
Sbectrwm
Summer
Festival
Day

2025

Friday 1st August
10:30am - 1:30pm

Charity fundraiser
Games
Prizes
Pottery and Craft Stalls
Café open

ALL PROCEEDS TO CHARITY

V21
VISION 21 | CHANGING LIVES
v21.org.uk

Changing places toilet
FREE PARKING
FREE ENTRY



Friday 1st August 2025
10:30am - 1:30pm

V21 Sbectrwm Centre
Bwlch Road, Cardiff, CF5 3EF

@V21Sbectrwm

029 2062 9962

Refreshments available
Games
Craft Stalls
Fun

Every body welcome.

We'd love to see you. .

Sex & Relationships Survey

Scan this QR code and have your
say about accessible information
in Sex and Relationships

Scan me!

How to scan:

- Open camera on your phone
- Point camera at QR code and the
link will appear



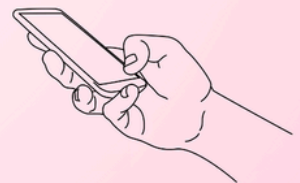
Arolwg Perthnasoedd a Rhyw

Sganiwch y cod QR yma a
dywedwch eich dweud am
wybodaeth hygyrch am Ryw a
Pherthnasoedd

Sganiwch fi!

Sut i sganio:

- Agorwch y camera ar eich ffôn
- Pwyntiwch y camera at y cod QR
a bydd y ddolen yn ymddangos





ALN OPEN PLAY

Sunday July 6th
1:15-2:15pm



Join us for
unstructured fun
and creative
playtime.



Everyone welcome to join the fun!

£5.50

No need to book,
just come along!

MULTI-SPORT



SOCIAL HEALTH & WELLBEING



YOGA



CARDIFF TIMETABLE

MONDAY

10:30-11:30

Zumba

St. Lukes Church

TUESDAY

11:00-12:00

Multisport Variety

Llanishen Leisure Centre

WEDNESDAY

1:30-2:30

Multisport

Llanishen Leisure Centre

THURSDAY

11:00-12:00

Zumba

Llanishen Leisure Centre

FRIDAY

10:00-11:00

Golf

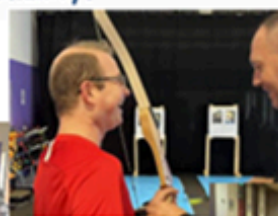
Parc Golf Club



ZUMBA
gold



Inclusive sport and dance activities for adults with learning disabilities.
Where individuals can improve fitness, wellbeing, confidence, independence and
learn new skills within the community.



Call Beth (07713) 130409

e-mail : cardiff@multisport-shw.co.uk

www.multisport-shw.co.uk

Facebook : @multisport.shw



MULTI-SPORT

SOCIAL HEALTH & WELLBEING



Llanishen Leisure Centre

Tuesday @ 11am	
1 st July	Easy Weights
8 th July	Boccia
15 th July	No Session - Annual Leave
22 nd July	No Session - Annual Leave
29 th July	Chair Zumba
5 th August	Hockey
12 th August	Yoga
19 th August	Chair Pilates
26 th August	Yoga

Wednesday @ 1:30pm	
2 nd July	No Session - Cancelled
9 th July	Variety / Boccia
16 th July	No Session - Annual Leave
23 rd July	No Session - Annual Leave
30 th July	Variety / Boccia
6 th August	Variety / Boccia
13 th August	Variety / Boccia
20 th August	Variety / Boccia
27 th August	Variety / Boccia

For more info contact

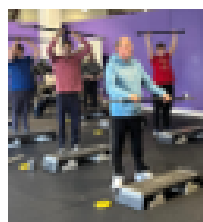
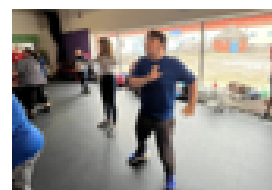


Call Beth - 07713130409

Or email

cardiff@multisport-shw.co.uk

Facebook: @multisport.shw



SWIMMING FUN

FOR ADULTS AND CHILDREN

WITH DISABILITIES

COME
TRY, THEN
JOIN OUR
CLUB

BARRY
LEISURE CENTRE
3:30PM – 4:30PM
SATURDAYS



Barry Beavers Disabled Swimming Club
E-mail: barrybeaverdsc@gmail.com
Website: www.barrybeavers.org
Facebook: @BarryBeaversDSC
Registered Charity 513767

MeTime

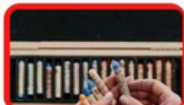
Online support sessions for carers

June to July



Monday 2 June and Monday 7th July, 2-3pm: Book Club

Take some time for yourself and connect with fellow carers at our friendly Book Club sessions. This is a space to unwind, chat with like-minded people, and enjoy the joy of getting lost in a good book. New to the group? No problem! Feel free to come along, listen in, and share your favourite reads whenever you're ready.



Monday 9 June, 11am – 12pm: Oil Pastels Workshop

Experiment with oil pastels and have fun creating artwork whilst learning various techniques in a relaxed setting. Artist Lucilla will lead this session, suitable for beginners or experienced artists. Join us in these relaxed online workshops, have a chat or sit back and enjoy getting crafty.



Tuesday 10 June, 11am – 12:30pm: Power of Attorney with Damian Lines

Damian Lines TEP is the Managing Partner at Rubin Lewis O'Brien Solicitors based in Cwmbran South Wales. During this session he will share what you will need to know about setting up a Power of Attorney for loved ones.



Thursday 12 June, 1-2pm: Dwr Cymru

Are you a carer or being cared for by someone? Did you know that you may be eligible for a cheaper water bill, and other free support services from Welsh Water. Join Jody on the call to learn something new and get the help that you may be missing out on.



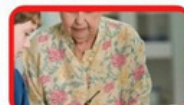
Monday 16 June, 11am-12pm: Mind Body Mood

This interactive session will offer ideas and techniques to improve your mood by understanding the power of the mind to change the way we feel, the way we move, and the way we behave. We will cover how basic NLP words and phrases can help or hinder the way we feel and why certain words and thoughts can have a greater effect than others.



Thursday June 26th 11:00am - 12:00pm: Caring for a Child

Are you a parent carer? In this session you can find out more about your rights, where to go for support and sources of information.



July 3rd 11:00am - 12:pm: Caring for a Parent

Are you caring for your parent? Join this session with our Information and Advice Officer Nia to find out about your rights as an unpaid carer and sources of information and support.



Tuesday 8 July, 12-1pm: Stretch and Relax

A chair-based stretch and relax session with Carol. This session will gently release tension from the body, particularly shoulders, head and neck. Along with easy breathing exercises to lead into relaxation. What you'll need: a chair to sit on and a if you have them to hand, a tie, belt or scarf – these will add to the stretch



Thursday 10 July, 1-2pm: Managing Guilt as a Carer

During this session, you can discover ways to gain clarity and empower yourself as a carer to look after you, boosting your health and wellbeing.



Tuesday 15 July 1-2pm: Creative Writing for Wellbeing

Cardiff author Rachel and Creative Producer Chantal will guide you through gentle writing prompts as a way to connect with and explore our relationship to creative writing. The workshop is designed to encourage reflection, mindfulness and creativity.



Tuesday 22 July, 3-4pm: Homefront WWII with National Museum Wales

What was life in Wales like during World War Two? Join this online session to explore World War II related objects with our facilitator. Discover the stories behind them and be inspired to investigate how your local area contributed to the war effort.

Volunteers

Could You Lend a Hand?

We're also seeking volunteers to help organise events—whether it's planning, hosting, or sharing a skill. Every contribution makes a difference!

Get Involved!

✉️s that uplift and empower. Thank you for all you do—we're here to support you.

Funded short breaks for unpaid carers in Wales

Funded by Welsh Government, the Short Breaks Scheme is a new initiative to support unpaid carers of all ages in Wales to take a break from their caring role. A short break is more than just a yoga class or an overnight stay in a hotel, it is a chance for carers to de-stress and recharge. It offers a break from the daily challenges of caring for a family member or friend.

The Short Breaks Scheme was launched in 2022 to support unpaid carers from across Wales to take a much-needed break from their caring responsibilities.

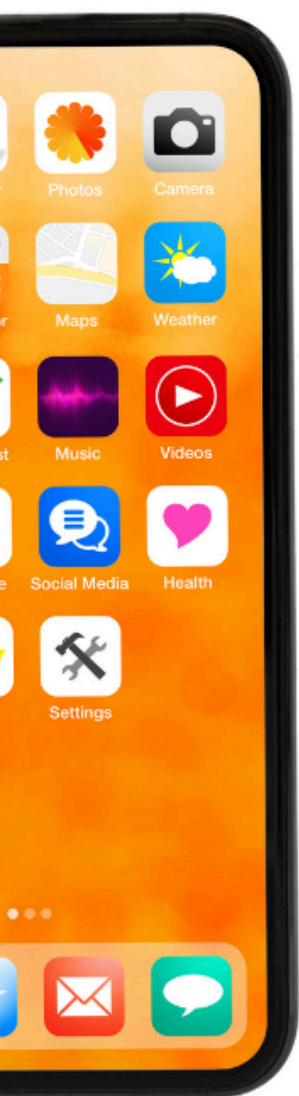
Funded by Welsh Government, the scheme initially runs from 2022-2025. Carers Trust Wales, the national coordinating body of the scheme, provides grants to organisations to enable 30,000 unpaid carers to take a break.

With an overall budget of £9 million, management of the scheme is shared between Carers Trust Wales and seven Regional Partnership Boards. Organisations apply for the funding to deliver the activities.


These short breaks have the power to transform lives, offering vital respite to carers across Wales.

Check out their website below
<https://www.shortbreaksscheme.wales/>





Stay connected with us!

 029 2056 5917

 admin@parentsfed.org

 www.parentsfed.org

 CardiffAndValeParentsFederation

 @parentsfed

Don't miss out on our latest news and updates. Sign up for our newsletter today!

Your voice is important to us and to your community!

Get in touch by phone, email or smoke signal.
Follow us on Facebook & Instagram